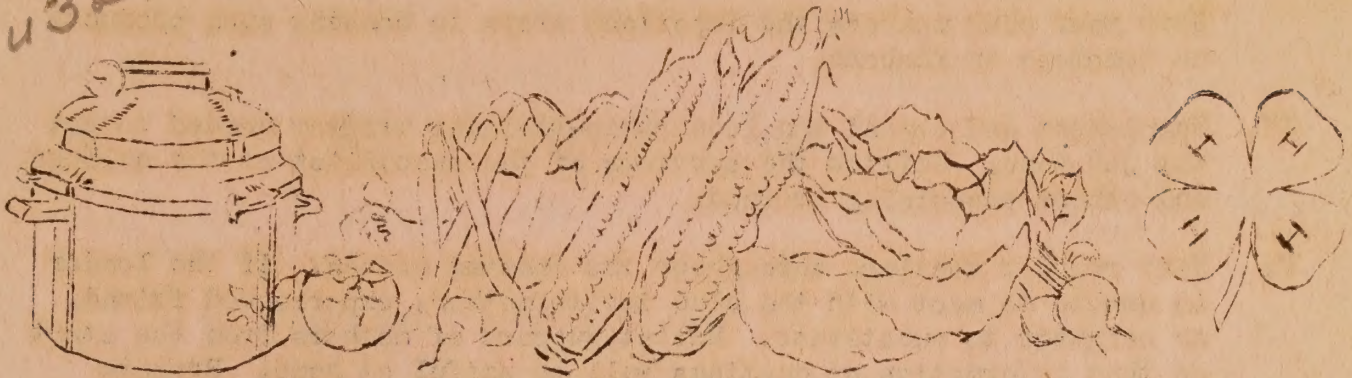


WAR FOOD ADMINISTRATION
Extension Service



SUGGESTIONS FOR FOOD PRESERVATION PROGRAM

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"There can be no lasting peace in a hungry world," says President Truman. Latest reports indicate that allocations of commercially canned food supplies to the civilian population will be 25 percent less than in last year.

Young people can make a continuing contribution to victory by tackling this major problem. Some may not be able to preserve all kinds of food or use pressure cookers. We should help them do what they can. If 4-H members conserve only tomatoes they will be making a noteworthy contribution to the civilian food supply by providing important vitamin C for their diet and that of their family next winter. The indications are that there will be 50 percent less canned tomatoes on grocery store shelves than last year. This also holds true for beans. Besides, 40 points are now required to obtain a No. 2 can of tomatoes. The following suggestions are offered:

- I. Enlist all young people, not yet 4-H members, in a campaign to can. Help them to establish their goal in food preservation so that they may produce for victory.
- II. Encourage every 4-H Club member regardless of present project to participate in planning to can, freeze, or store at least one or two extra items to supplement the family food budget.
- III. Help community and 4-H Clubs to select adequate leadership to carry on 4-H food conservation program. Call upon the help of mothers and women in the community who are experienced in canning or freezing. It might be possible to enlist women like those who served in the civilian defense program to continue wartime community services by assisting in food preservation work. Many are experienced homemakers. Others can take "refresher training" to assist their local leader with a 4-H Club food preservation program.

Highlight the valuable contribution 4-H members can make in producing and conserving food during the rest of the year.

Show your club members the important steps in canning such products as tomatoes or rhubarb.

- IV. Supplement and expand the leadership-training program needed to get the job done. Utilize the services of the specialist at the college and others especially trained.
- V. Hold regular meetings throughout the canning season. If the leader is unable to meet with the club invite mother, experienced friend, or neighbor to substitute. Enlist support of mothers from the start so that information at meetings will be useful at home. Promote mother-daughter teamwork. Capitalize on 4-H teams for demonstration. Include in each meeting something educational, recreational, and inspirational.

Example of subject-matter demonstrations and topics for discussion:

First meeting--

- a. Choosing jars for canning, examining tops and showing how each is closed; show necessary equipment.
- b. How to can tomatoes, tomato juice.
- c. How to can rhubarb or strawberries.

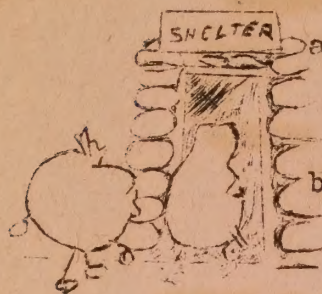
Second meeting--

- a. Using the pressure cooker.
- b. What kinds of cartons are best for freezing.
- c. Freezing snapbeans or canning snapbeans.

Third meeting--

- a. Think about storage shelves. Club members may well give consideration to things like:
 - 1. Construction.
 - 2. Location.
 - 3. Width--two rows of jars on each shelf.
 - 4. Height--varies with size of jar--gallon, half gallon, quart, pint.
- b. What about labels? (Members can distinguish their work from that of parents.)
 - 1. Name of product.
 - 2. Date canned.
 - 3. Method used (precaution for eating).

Fourth meeting--



- a. Storage of root crops.
How to store--examples: Pit, market basket, barrel, cellar, ground.
- b. Why foods spoil.
How to recognize spoilage.
What to do with spoiled food.

VI. Help clubs plan activities to stimulate interest in food preservation, such as:

- a. Songs set to popular tunes like--

"Rows and rows of jars
On the pantry shelf
They'll keep me fit
To do my bit
I canned them all myself."
(Tune of Row, Row, Row Your Boat.)

- b. Rhymes as they work, example--

"No ration points
No doctor's bill
If quarts one hundred
We will fill."

- c. Games-- true-false questions involving principles of canning, drying, freezing, storing.
- d. Short plays that young people often can write themselves to illustrate how to get ready to can.
- e. Candle- or fire-lighting ceremony dedicated to food preservation.
- f. Visits to a freezer-locker plant or cannery in community.
- g. Tours to other members' "pantry shelves."
- h. Movies-- color and sound films available (see 4-H Home Economics Briefs, May 31). Shows methods of canning and freezing foods. Good to show in club meetings now.

VII. Plan for State, county, or local honor roll at the end of the summer which shows names of 4-H boys and girls who conserved 100 quarts of fruits and vegetables properly. Put up this honor roll near the community or county lists of boys and girls in armed services. Have a Home Front list for food preservation.

Integrate the program with the already established plan for recognition of members through the National 4-H Canning Achievement Plan.

VIII. Provide for exhibits for example:

- a. Store window displays showing how to make simple water-bath canner.
- b. Attractive posters that can be made by members.
- c. Make exhibit and record books containing up-to-date information about canning and freezing and storing food, as well as what member has done.

IX. Plan program for utilizing demonstrations now. Arrange to capitalize on outstanding demonstration teams in food preservation in 1944 to give a demonstration of canning and freezing in 1945.

a. At club meetings.

b. For special groups like:

1. Garden clubs.
2. Grange meetings.
3. Rotary Clubs, Kiwanis.
4. P.T.A. meetings.
5. Other youth meetings like Scouts, Camp Fire, Girl Reserves (4-H members can show others how it is done as a community service).

X. Use radio. Invite 4-H members who did a creditable job in 1944 to participate in radio programs in 1945. Many 4-H members have a real story to tell if they are given an opportunity.

XI. Emphasize how 4-H members can be of service. Older 4-H members can conserve food for school-lunch program or community pantry shelf. Experienced older members can help younger members to conserve food. A special day at the community canning center might be arranged for 4-H members and their leaders to work together.

XII. Utilize local press and other media by using photographs of 4-H girls and boys engaged in the program.